

CARLSBAD SENIOR CENTER newsletter

CARLSBAD RECREATION DEPARTMENT

AUGUST 2006

Carlsbad Programs Rated High for Health and Wellness

In May of 2006 the Carlsbad Senior Center participated in a Health Assessment sponsored through CPRS and the City of Santa Clara. We are proud to say that our assessment findings rated the Carlsbad Senior Center in the HIGH RATING (OVER 90%) in the areas of Well Senior Health Assessments and Health Education Workshops, People Contacts, Physical Activities and Mental Activities. We scored average in the category of Diet. But we are making strides forward by investing in a full-time Recreation Supervisor to support our nutrition and recreation programs. In a further effort to reach the high category in this area, we will look for support from volunteers to provide Nutrition Counseling and Diet Education.



Creating opportunities for increasing awareness and adoption of healthy behaviors and fitness is one the Strategic Directions of the Carlsbad Recreation Department. The assessment shows we are well on way to providing a balanced and quality program that promotes health and well-being. We are proud to say that we rated high for health oriented programs as compared to other Senior Centers who participated in the Health Assessment state-wide.

I would like to say thank you to the Senior Center staff members and the many volunteers who provide the quality programs and services that promote health and wellness and bring these high ratings to our fine Senior Center!

-Gail Lynn, Senior Center Manager



Senior Center Newsletter Naming Contest

We are asking you to put your creative thinking caps on to help us come up with a fitting name for our newsletter. We are looking for a name that is distinctive, descriptive, creative and memorable. Think you've got something that will fit the bill? Fill out a Newsletter Naming Contest Form, available at the Senior Center front desk. Limit 5 name suggestions per entry. Entry forms will be accepted until August 31. The new name will be unveiled in the October issue, and the winner will receive a reserved VIP parking space for a month.

News & Features

August 2006

Proclaiming Their Love: City Recognizes Couple's 60th Anniversary

Could you imagine meeting your soul mate in high school and living happily ever after?

Well, Arthur and Isabel Ammon are living this dream. In fact, they have been recognized by the City of Carlsbad for their 60th Wedding Anniversary.

On June 28, 2006, with the help of Wedding Anniversary Recognition Coordinator, Izma Chmiel, Mayor Claude "Bud" Lewis presented the couple with a beautifully framed proclamation, celebrating their 60 years of marriage.

Art and Isabel met while attending a dance class at Fremont High School in Los Angeles back in 1940. They didn't "tie the knot" until after Art got back from WW 2. They married on January 20, 1946.

Art and Isabel have been in Carlsbad since 1963, where they have raised four children and are now the proud grandparents of six grandchildren. These days, they are enjoying themselves as active participants at the Carlsbad Senior Center.



If you know of a couple that is celebrating their 50th or more Wedding Anniversary and would like the City of Carlsbad to recognize them with a proclamation,

please contact the Carlsbad Senior Center at (760) 602-4650.

Picture: Arthur & Isabel Ammon hold their proclamation with Jack Risley, Izma Chmiel and Mayor "Bud" Lewis

Dining Out Without Caving In by Jack Risley

I would like to share with you some information from a "Top Health" article that I feel is very important and easy to follow.

Eating at restaurants is one of life's pleasures, and indulgence is part of the fun. But overeating or loading up on fatty foods every time you eat out can put a dent in your diet. If you're watching your weight, here are five simple survival tips.

1. Know the heart-healthy code. When scanning the menu, look for words such as baked, braised or broiled; grilled, poached or roasted; steamed or stir-fried. You'll enjoy lighter, healthier fare without the fat and calories you'd get from heavily fried foods.
2. Have it your way. Ask your server or the chef how a dish is prepared. Many restaurants will accommodate special requests, such as using olive or canola oil instead of butter, margarine or shortening. Ask for sauces and salad dressings on the side so you can control the amounts.
3. Choose slimmer sides. Go for salads or vegetables instead of french fries, or order a baked potato, and use a small amount of sour cream instead of butter.
4. Don't super-size. Many restaurant portions are double or larger than standard serving sizes. Ask for a half portion, split your main dish with a dining partner or box half and take it home.
5. Finish fresh. For dessert, choose fresh fruit instead of sugary, high-fat fare. You'll cleanse your palate and walk away feeling satisfied – and still on track with your diet.

Portions of this article were from the August 2006 issue of "TOP HEALTH" Newsletter. Contact Jack at 760-602-4652

Call "2-1-1": Help Starts Here

About one year ago, a new telephone service was established in San Diego County. It offers free community, health and disaster information around the clock. This service provides a one-stop source of information if you don't know where to call for services. The service provides confidential community information, mostly on health care and social matters. Topics include utilities, child care, homeless shelters, volunteer opportunities, substance abuse, evacuation routes and other

non-emergency community information. The County literally has hundreds of community agencies offering more than 2,000 health and human service programs. So, it is often difficult to know where and how to refer someone for assistance. This 211 system is very helpful for providing information and referrals. For example, during disasters people can call 211 to get information about relief and recovery resources, or to find out where to volunteer or make a donation. The operators are trained specialists that will ask some questions and then help you find the best resources to meet your needs.

Senior Safari *Excursions* August 2006



Treasure your Day!

Come find the Jewels of La Jolla August 14



Please note that all Senior Safari trips require a certain amount of walking. Age 55 and up. Meet in the Senior Center parking lot. Contact: Cynthia Torrie for availability at 760-602-4653 (R) -Resident /(N) -Non-resident TERM -# of classes

Pageant of the Masters- *Hurry Selling Fast!*

Contact: Cynthia Torrie for availability at 760-602-4653

CLASS#	TIME	DAYS	DATE	TERM	FEES
29262	04:30 PM-12:00 AM	Tu	Aug 1	1c	\$72(R) \$77(N)

Padres Baseball- *Hurry Selling Fast!*

Contact: Cynthia Torrie for availability at 760-602-4653

CLASS#	TIME	DAYS	DATE	TERM	FEES
29267	5:00 PM-10:00 PM	Tu	Sep 19	1c	\$28(R) \$33(N)

Our Featured Excursion

Jewels of La Jolla



The name La Jolla means "the jewel," and that is exactly what we are going to experience. We will take a leisurely drive along the coast and stop at our first 'jewel', the La Jolla Beach and Tennis Club Marine Room, for a wonderful three course luncheon. Our next 'jewel' is the Birch

Aquarium at Scripps, a \$14 million facility that exhibits over 200 species of Pacific marine life. Afterward we head to our final 'jewel,' downtown La Jolla, for some free time on your own.

CLASS#	TIME	DAYS	DATE	TERM	FEES
29263	11:00 AM-5:00 PM	M	Aug 14	1c	\$73(R) \$78(N)

Las Vegas



Pack your bags, it's time for our annual Labor Day excursion to Las Vegas. Once again our host hotel will be the Golden Nugget downtown, with two nights accommodation, one breakfast buffet coupon and a welcome cocktail for everyone. This year we will also visit the Aladdin, the Rio, the Bellagio and the Paris Hotels and Casinos during our stay. We will have our own driver and bus for these extra casino trips and they are included, but need at least 20 people to participate. A schedule of times and meeting places will be provided. Trip fee is for double occupancy. If you need a single room, please register as a double to save your space and then contact the Senior Center at 602-4650 to request a single room. There is an additional charge of \$55 for single occupancy.

CLASS#	TIME	DAYS	DATE	TERM	FEES
29264	8:00 AM-6:00 PM	M -W	Sep 4-6	3c	\$155(R) \$160(N)

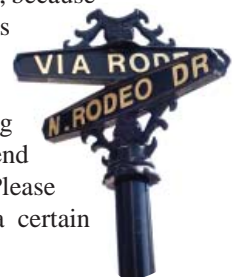
Remembering Redlands

A local historian that will join our group for the day as we learn about the formation of the area we know today. A visit/tour of the Kimberly Crest Home and Gardens and the Lincoln Memorial Shrine is also included. We will see the orange groves, terraced gardens and peaceful ponds, then a stop for lunch midday at Joe Greensleeve's in historic downtown Redlands. The day will be topped off with a visit to one of the local citrus ranches where you'll have a chance to purchase some fresh produce at fresh-from-the-farm prices.

CLASS#	TIME	DAYS	DATE	TERM	FEES
29265	8:00 AM-5:30 PM	Th	Sep 21	1c	\$63(R) \$68(N)

Runaway to Rodeo

A visit to the Fashion District, the hub of the Southern California apparel industry where we find Santee Alley, specializing in bargains in a bazaar like open air market place. The Grove is right along side and ready for us to explore what they have to offer. Now, time to relax with lunch at Wood Ranch BBQ, because after lunch we will board a vintage trolley as we are whisked away on a narrated tour of Beverly Hills' most famous addresses. Wait! That's not all! Our last stop will be rubbing elbows with the rich and famous as we spend the last part of our day on 'Rodeo Drive'. Please note that all Senior Safari Trips require a certain amount of walking.



CLASS#	TIME	DAYS	DATE	TERM	FEES
29266	8:00 AM-6:00 PM	Th	Sep 28	1c	\$75(R) \$80(N)

Save the Date:


Oak Glen Apple Days: October 4

Pilgrim Festival: November 11

Big Bear Oktoberfest: October 14

August 2006 Activities Calendar

* Appointment required
 ** Pre-registration with Mira Costa (795-6820)
 *** Special this month

MONDAY	TUESDAY	WEDNESDAY
 <p>Watercolor Instructor Richard Brian receives Volunteer Service Award</p>	8:00 – 11:00 Needlecraft ART 8:30 – 11:00 Health Screening LG 9:00 – 10:00 Walking Group LB 9:30 – 11:00 Country Line Dancing AUD 9:30 – 11:30 *Computer Classes COM 9:30 – 12:30 *Legal Assistance CR 10:00 – 11:30 ***MED. MOBILITY DS 12:30 – 4:30 Chess Group DS 1:00 – 3:00 *Computer Classes COM 1:00 – 4:00 Bingo AUD 4:30 – 12:00am <u>PAGEANT OF THE MASTERS</u>	8:00 – 12:00 Games ART 8:00 – 5:00 PC Lab COM 8:30 – 11:30 Contract Bridge DS 12:30 – 1:45 Yoga – Level III AUD 1:30 – 4:30 Pinocle Group DN 2:45 – 4:00 Hawaiian Dance – Beg/Int DS
9:00 – 11:15 Writers Group DS 9:00 – 12:00 Spanish – Levels I, II, III ART 8:00 – 5:00 PC Lab COM 12:30 – 1:30 Line Dancing – Beginning AUD 1:00 – 2:30 International Folk Dancing DS 3:00 – 4:15 Yoga – Level I DS 3:00 – 4:15 Yoga – Level II AUD	8:00 – 11:00 Needlecraft ART 8:30 – 11:00 Health Screening LG 9:00 – 11:00 *Hearing Test CR 9:00 – 10:00 Walking Group LB 9:30 – 11:30 *Computer Classes COM 9:30 – 11:00 Country Line Dancing AUD 10:00 – 11:30 ***STRESS MANAGEMENT DS 12:30 – 4:30 Chess Group DS 1:00 – 3:00 *Computer Classes COM 1:00 – 4:00 Bingo AUD	8:00 – 12:00 Games ART 8:00 – 5:00 PC Lab COM 8:30 – 11:30 Contract Bridge DS 12:30 – 1:45 Yoga – Level III AUD 1:30 – 4:30 Pinocle Group DN 2:45 – 4:00 Hawaiian Dance – Beg/Int DS
9:00 – 11:15 Writers Group DS 9:00 – 12:00 Spanish – Levels I, II, III ART 11:00 – 5:00 pm <u>JEWELS OF LA JOLLA</u> 8:00 – 5:00 PC Lab COM 12:30 – 1:30 Line Dancing – Beginning AUD 1:00 – 2:30 International Folk Dancing DS 3:00 – 4:15 Yoga – Level I DS 3:00 – 4:15 Yoga – Level II AUD	8:00 – 11:00 Needlecraft ART 8:30 – 11:00 Health Screening LG 9:00 – 10:00 Walking Group LB 9:30 – 12:30 *Legal Assistance CR 9:30 – 11:00 Country Line Dancing AUD 9:30 – 11:30 *Computer Classes COM 10:00 – 11:30 ***MEDICARE TODAY DS 12:30 – 4:30 Chess Group DS 1:00 – 3:00 *Computer Classes COM 1:00 – 4:00 Bingo AUD	8:00 – 12:00 Games ART 8:00 – 5:00 PC Lab COM 8:30 – 11:30 Contract Bridge DS 12:30 – 1:45 Yoga – Level III AUD 1:30 – 4:30 Pinocle Group DN 2:45 – 4:00 Hawaiian Dance – Beg/Int DS
8:15 – 9:30 **Tai Chi AUD 9:00 – 11:15 Writers Group DS 9:00 – 12:00 Spanish – Levels I, II, III ART 8:00 – 5:00 PC Lab COM 9:45 – 10:45 **Body Conditioning AUD 11:00 – 12:30 **Balance and Mobility AUD 12:30 – 1:30 Line Dancing – Beginning AUD 1:00 – 2:30 International Folk Dancing DS 3:00 – 4:15 Yoga – Level I DS 3:00 – 4:15 Yoga – Level II AUD	8:00 – 11:00 Needlecraft ART 8:30 – 11:00 Health Screening LG 9:00 – 10:00 Walking Group LB 9:30 – 11:00 Country Line Dancing AUD 9:30 – 11:30 *Computer Classes COM 10:00 – 11:30 ***VISITING VIDEO DS 1:00 – 3:00 *Computer Classes COM 1:00 – 4:00 Bingo AUD 1:00 – 4:00 **Life Story Writing DS 1:30 – 4:30 Chess Group DN	8:00 – 12:00 Games ART 8:00 – 5:00 PC Lab COM 8:15 – 9:30 **Tai Chi AUD 8:30 – 11:30 Contract Bridge DS 9:45 – 10:45 **Body Conditioning AUD 11:00 – 12:30 **Balance and Mobility AUD 12:30 – 1:45 Yoga – Level III DS 1:00 – 3:30 ** Self- Awareness Improv AUD 1:30 – 4:30 Pinocle Group DN 2:45 – 4:00 Hawaiian Dance – Beg/Int DS
8:15 – 9:30 **Tai Chi AUD 9:00 – 11:15 Writers Group DS 9:00 – 12:00 Spanish – Levels I, II, III ART 9:45 – 10:45 **Body Conditioning AUD 11:00 – 12:30 **Balance and Mobility AUD 8:00 – 5:00 PC Lab COM 12:30 – 1:30 Line Dancing – Beginning AUD 1:00 – 2:30 International Folk Dancing DS 3:00 – 4:15 Yoga – Level I DS 3:00 – 4:15 Yoga – Level II AUD	8:00 – 11:00 Needlecraft ART 8:30 – 11:00 Health Screening LG 9:00 – 10:00 Walking Group LB 9:30 – 11:00 Country Line Dancing AUD 9:30 – 11:30 *Computer Classes COM 10:00 – 11:30 ***AVIAN (BIRD) FLU DS 12:30 – 4:30 Chess Group DS 1:00 – 3:00 *Computer Classes COM 1:00 – 4:00 **Life Story Writing DS 1:00 – 4:00 Bingo AUD	8:00 – 12:00 Games ART 8:00 – 5:00 PC Lab COM 8:15 – 9:30 **Tai Chi AUD 8:30 – 11:30 Contract Bridge DS 9:45 – 10:45 **Body Conditioning AUD 11:00 – 12:30 **Balance and Mobility AUD 12:30 – 1:45 Yoga – Level III DS 1:00 – 3:30 ** Self- Awareness Improv AUD 1:00 – 4:00 *Legal Assistance CR 1:30 – 4:30 Pinocle Group DN 2:45 – 4:00 Hawaiian Dance – Beg/Int DS

ART – Art Room
AUD – Auditorium
COM – Computer Lab

CR – Conference Room
DN – Dining Room
DS – Dance Studio

LB – Lobby
LG – Lounge
P – Patio
PL – Parking Lot

THURSDAY			FRIDAY		
8:30 – 9:30	Low Impact Aerobics	AUD	8:00 – 5:00	PC Lab	COM
9:00 – 10:00	Walking Group	LB	8:30 – 11:00	Crafti-Crafters	ART
9:30 – 11:30	Watercolor Class	ART	9:00 – 11:00	Discussion Group	DS
10:00 – 11:30	Senior Readers Theater	DS	12:30 – 4:00	Party Bridge	AUD
8:00 – 5:00	PC Lab	COM	12:45 – 2:45	Hawaiian Dance – Int/Adv	DS
1:30 – 3:30	***DANCE	AUD	1:00 – 4:00	Scrabble	LG
3:00 – 5:00	Senior Comm. Meeting	ART	1:00 – 4:00	*HICAP	CR
			3:00 – 4:30	Jazz & Tap Dancing	DS
8:30 – 9:30	Low Impact Aerobics	AUD	8:00 – 5:00	PC Lab	COM
9:00 – 10:00	Walking Group	LB	8:30 – 11:00	Crafti-Crafters	ART
9:30 – 11:30	Watercolor Class	ART	9:00 – 11:00	Stamps for Seniors	DS
8:00 – 5:00	PC Lab	COM	12:30 – 4:00	Party Bridge	AUD
1:00 – 4:00	*HICAP	CR	12:45 – 2:45	Hawaiian Dance – Int/Adv	DS
1:00 – 3:30	***MOVIE	AUD	1:00 – 4:00	Scrabble	LG
2:00 – 4:00	PC Users	DS	3:00 – 4:30	Jazz & Tap Dancing	DS
8:30 – 9:30	Low Impact Aerobics	AUD	8:00 – 5:00	PC Lab	COM
9:00 – 10:00	Walking Group	LB	8:30 – 11:00	Crafti-Crafters	ART
9:30 – 11:30	Watercolor Class	ART	9:00 – 11:00	Discussion Group	DS
8:00 – 5:00	PC Lab	COM	12:30 – 4:00	Party Bridge	AUD
10:00 – 11:00	***VETERANS SALUTE	DS	12:45 – 2:45	Hawaiian Dance – Int/Adv	DS
12:30 – 4:30	*AARP Driving Safety	ART	1:00 – 4:00	Scrabble	LG
2:00 – 4:00	PC Users	DS	1:00 – 4:00	*HICAP	CR
			3:00 – 4:30	Jazz & Tap Dancing	DS
8:30 – 9:30	Low Impact Aerobics	AUD	8:00 – 5:00	PC Lab	COM
9:00 – 10:00	Walking Group	LB	8:15 – 9:30	**Tai Chi	AUD
9:30 – 11:30	Watercolor Class	ART	8:30 – 11:00	Crafti-Crafters	ART
8:00 – 5:00	PC Lab	COM	9:00 – 11:00	Stamps for Seniors	DS
12:30 – 4:30	*AARP Driving Safety	ART	9:45 – 10:45	**Body Conditioning	AUD
1:00 – 4:00	*HICAP	CR	12:30 – 4:00	Party Bridge	AUD
2:00 – 4:00	PC Users	DS	12:45 – 2:45	Hawaiian Dance – Int/Adv	DS
			1:00 – 4:00	Scrabble	LG
			3:00 – 4:30	Jazz & Tap Dancing	DS
8:30 – 9:30	Low Impact Aerobics	AUD			
9:00 – 10:00	Walking Group	LB			
9:30 – 11:30	Watercolor Class	ART			
8:00 – 5:00	PC Lab	COM			
1:00 – 4:00	*HICAP	CR			

Spanish Teacher Raquel Warner and students are all smiles over Raquel's Volunteer Service Award.

Senior Specials

August 2006

Welcome to the August 2006 Specials. Activities and schedules are updated and published on a monthly basis.

WRITER'S GROUP

- Meet fellow writers!

DATE	TIME	Location
Every Monday (except holiday closures)	9:00am- 11:00am	Dance studio

If you're a writer or you have a family member 55+ years who writes short stories or poems, attend our Senior Writers Group. There are no fees or charges, just the devotion and interest to tell whatever stories you like, and reading them to the member writers without scrutiny.

MEDICARE MOBILITY EXPERTS

Host: Advanced Mobility

DATE	TIME	Location
Tuesday, August 1	10:00am-11:30 am	Dance studio

With all the Medicare changes and confusion in regard to Durable Medical Equipment Benefits coverage, Jon Walden will explain current policies and procedures on how to utilize Medicare benefits to acquire equipment. There will also be a free drawing for Wal-Mart gift cards for those who attend.

DANCE: Billy Harper Band

Host: ATRIA

DATE	TIME	Location
Thursday, August 3	1:30pm - 3:30pm	Auditorium

Come dance to one of the hottest bands and socialize with a great group of fun-loving people. ATRIA is sponsoring this popular event. Refreshments will be served. A donation of \$3.00 is requested.

STRESS MANAGEMENT

Host: Helena Bergamin, Stress Management Specialist

DATE	TIME	Location
Tuesday, August 8	10:00am - 11:30am	Dance studio

Helena's mission is to help others live their lives with peace, joy and inspiration. You are invited to Helena's presentation on how to reduce your stress by participating in breathing exercises, positive affirmations and poetry.

MOVIE- EIGHT BELOW

DATE	TIME	Location
Thursday, August 10	1:00 pm - 3:00 pm	Auditorium

Stranded in Antarctica during the most unforgiving winter on the planet, Jerry's beloved sled dogs must learn to survive together until Jerry, who will stop at nothing, rescues them. Driven by unwavering bonds of friendship, enormous belief in one another, and tremendous courage, Jerry and the dogs make an incredible journey to reunite.

MEDICARE TODAY

-Your health care choices for 2006

Speaker: Nicholas Salerno

DATE	TIME	Location
Tuesday, August 15	10:00 am - 11:30am	Dance Studio

What are the four basic "Parts" of Medicare? This workshop will help you understand Parts A, B, C and D of Medicare so you can make educated decisions regarding your health care coverage during your retirement years. Whether you are going on Medicare for the first time, or have been on Medicare for many years, plan to attend this important introduction to Medicare and your health care options.

VETERANS SALUTE

Speaker: Mike Aiello, ATRIA

DATE	TIME	Location
Thursday, August 17	10:00 am - 11:00 am	Dance Studio

Veterans Salute helps qualified individuals to navigate the complicated and often exasperating process of applying for and maintaining the Department of Veterans Affairs statutory pension for health care Aid and Attendance. These services are solely provided through the Veterans Salute network of care providers such as Atria. Learn how this program can financially help you. Refreshments and a drawing for a gift basket are provided.

CELEBRATE YOUR LIFE

-Capture It On Video!

Speaker: Debra Mann, M.S.W.

DATE	TIME	Location
Tuesday, August 22	10:00 am - 11:30 am	Dance Studio

Celebrate your life and your family history. Please join Debra Mann, M.S.W., to watch a short video and talk about the importance of passing on your family history to your grandchildren and great-grandchildren. Please come and share a story or two about your own childhood.

SEASONAL, AVIAN (BIRD) & PANDEMIC INFLUENZA – What you need to know

Speaker: Kerry Moriarty, R.N., PHN, County of San Diego, Health and Human Services Agency

DATE	TIME	Location
Tuesday, August 29	10:00 am - 11:30 am	Dance Studio

There has been much information in the news lately about pandemic flu. This presentation will cover the characteristics of the Seasonal Flu, Avian (bird) Flu and Pandemic Flu, focusing on the precautions one can take for each type of flu.

News & Features

August 2006

Park Development Update

Pine Avenue Park



Located at the site of the former Pine School, bordered by the Carlsbad Senior Center, Harding Street, and Chestnut Avenue, this 7.7-acre community park will serve the Northwest Quadrant by providing active and passive use amenities. The park includes a community center, a multi-use sports field, a central open space, and

parking.

By the end of June, the park's central open space will be complete and open to the public. This will include an informal amphitheater, a tot-lot, basketball courts, and picnic areas.

The City has committed to removing and undergrounding the overhead utility lines on Harding Street and Chestnut Avenue. This will impact scheduled field use and facility rentals. A grand opening celebration will be scheduled later this fall.

Alga Norte Community Park

The design for Alga Norte Community Park is nearing completion. Plans will be sent out for contractor bidding in September. A bid opening and award will occur in early 2007, followed by a ground-breaking and start of construction. The next milestone will be development of a theme for the aquatics center, and naming of both the park and the aquatics center. Construction is scheduled to be complete in summer 2008.

Alga Norte Community Park is a 33-acre park located in the Southeast Quadrant, bordered by Palomar Airport Road, El Camino Real, and the La Costa Golf Course. The approved Master Plan includes baseball fields, a dog park, a skate park, 3 tot lots, 4 basketball halfcourts, open space, a trail system, and an aquatics complex.

Transportation Program

Carlsbad Senior Center



Are you or someone you know a Carlsbad resident 60 years of age and older who cannot drive and is in need of transportation for medical appointments or grocery shopping?

If yes, the Carlsbad Senior Center's Transportation Program could be your solution.

Transportation for medical appointments is provided on Monday, Tuesday, Thursday and Friday. Appointments must be made 2 pm and end by 4:30 pm. Service area is limited.

Wednesday afternoons are reserved for grocery shopping at Stater Brothers. The first Thursday afternoon of the month transportation is provided to go to Wal-Mart or Trader Joe's.

Monday through Friday enjoy lunch at the Carlsbad Senior Center. The Senior Center provides transportation to and from the center for lunch.

Please call the Carlsbad Senior Center at 760.602.4650 for pick-up times or more information.



CITs Bring Youthful Smiles to Lunchtime

On July 3, participants in the City's Counselor-in-Training program for teenagers volunteered at the Senior Center during the lunch hour. These outstanding young people brightened the lunch hour through their energy and eagerness to help others. Special thanks to CIT Camp Director Aaron Brown and Recreation Supervisors Aly Mancini and Jack Risley for creating this cross-generational opportunity.

Senior Spotlight

August 2006

Margaret Massey



One of the most outstanding personalities here at our Senior Center is none other than Margaret Massey. This multi-tasker is on the Nutrition Counsel and gives all sorts of volunteer time to various activities. Whether it is in the Dining Room helping with the lunch program or making sure that the monthly dance runs smoothly, Margaret is helping with a smile.

Born and raised in the Bakersfield area, Margaret, her husband and two children moved to Carlsbad in 1968. Margaret worked with Pacific Bell for 30 years. After retiring in 1993, she started working for the Carlsbad computer firm, Optimal Integrated Solutions, where she still works on a part-time basis.

Margaret has four grandchildren and one great-grandchild. She loves playing golf with her husband and has a keen passion for quilting.

Margaret has been here at the Senior Center for eight years and plans to be here for years to come. The Senior Center is fortunate to have such a fantastic individual.



The popular TGIF Jazz in the Parks series celebrates 21 years of music in Carlsbad. Free shuttle service is provided beginning at 5 pm. For more information, contact the Cultural Arts Office at 760-434-2904.

TGIF Jazz in the Parks Schedule

All concerts are 6 pm - 8 pm at

Calavera Hills Community Park

2997 Glasgow Drive

August 4

Big Time Operator

August 18

Coco Montoya

August 11

Brave Combo

August 25

Plena Libre

ORGANIZATION CONTACTS

Aging and Independence, Services
For Assistance, Information,
or for Reporting Abuse **1-800-510-2020**
Carlsbad Fire Department **760-931-2197**
Carlsbad Police / Sheriff (Non-Emergency) **760-932-2197**
Elder Abuse in Facilities **1-800-640-4661**
or **1-858-560-2507**
In Home Supportive Services, North County **760-480-3424**
Medicare Plan References,
www.medicare.gov **1-800-633-4227**
Mental Health Service,
North County Coastal **760-967-4475**

SENIOR CENTER CONTACTS

Ron Abbey, <i>Maintenance Assistant</i>	760-602-4659
Tom Clemons, <i>Driver</i>	760-602-4650
Teresa Dunn, <i>Office Aide</i>	760-602-4650
Chris Harmon, <i>Activity Coordinator</i>	760-602-4654
Gail Lynn, <i>Senior Center Manager</i>	760-602-4650
Amber Perkins, <i>Office Aide</i>	760-602-4650
Jack Risley, <i>Recreation Supervisor</i>	760-602-4652
Vincent Rodrigues, <i>Nutrition Coordinator</i>	760-602-4652
Cynthia Torrie, <i>Trip Coordinator</i>	760-602-4653
Kris Westland, <i>Secretary</i>	760-602-4658
David Wise, <i>Driver</i>	760-602-4650
Lois Williams, <i>Office Aide</i>	760-602-4650



RECREATION DEPARTMENT
*Creating Community through
People, Parks & Programs*

CARLSBAD SENIOR CENTER
799 Pine Avenue
Carlsbad, CA 92008
760-602-4650